

California Physical Fitness Test 2000–01



December 2001

Six Fitness Tasks

A student must meet all six standards before he or she is considered fit.

- ◆ Aerobic Capacity
- ◆ Body Composition
- ◆ Abdominal Strength
- ◆ Upper Body Strength
- ◆ Trunk Strength
- ◆ Flexibility

Of Significance for 2000–01

- ◆ 90% of districts submitted usable results
- ◆ 1999 was last time statewide fitness data was available
 - 32% increase in district participation
 - 13% increase in students tested

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Of Significance for 2000–01

- ◆ Annual reporting
- ◆ First time that year-to-year comparisons will be available
- ◆ Physical fitness data is a newly required element of the School Accountability Report Card

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2000–01 Results

- ◆ Over a million students tested for grades 5, 7, and 9
- ◆ Increase from 20 to 23 percent in the number of students that are considered fit
- ◆ Only 21 percent of students tested in grade 5, 25 percent in grade 7, and 23 percent in grade 9 met all six fitness standards

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2000–01 Results

- ◆ Only 22 percent of females tested in grade 5, 26 percent in grade 7, and 20 percent in grade 9 met all six fitness standards
- ◆ Only 21 percent of males tested in grade 5, 24 percent in grade 7, and 25 percent in grade 9 met all six fitness standards

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2000–01 Results

- ◆ Across all grade levels, more females than males were in the healthy fitness zone (HFZ) for flexibility, body composition, and trunk extension strength, while more males than females were in the fitness zone for abdominal strength and upper body strength.

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2000–01 Results

- ◆ Both males and females from all ethnic backgrounds could benefit from a greater emphasis on all areas of physical fitness, especially aerobic capacity, body composition, upper body strength, and flexibility.

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2000–01 Results

- ◆ Public access to the data is available via the Internet
 - Percent students in HFZ for 6 of 6 standards, 5 of 6 standards, 4 of 6 standards, etc.
 - Percent students in HFZ for each fitness task

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2000–01 Results

- ◆ Results reported by grade for total population, gender, and ethnicity at state, county, district, and school levels
- ◆ 1998–99 comparison

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Percent of Students Meeting 0 to 6 Fitness Standards

# Achieved	2001	1999
	% of Students	% of Students
6 of 6	23	20
5 of 6	26	26
4 of 6	21	21
3 of 6	14	14
2 of 6	8	8
1 of 6	4	3
0 of 6	5	7

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Percent of Females Meeting 6 of 6 Fitness Standards

Grade	2001	1999
	% of Students	% of Students
5	22	20
7	26	23
9	20	18

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Percent of Males Meeting 6 of 6 Fitness Standards

Grade	2001	1999
	% of Students	% of Students
5	21	19
7	24	21
9	25	20

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Physical Fitness Testing

2001–02 Priorities:

- ◆ Starting 2001, results will be reported to Governor and Legislature every year
- ◆ Consistency in data reported will be enhanced
 - Training for improved data collection and reporting
- ◆ Participation will be increased
 - Communication to districts that did not test or send usable data

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Highest Priority for 2001–02

**Improving
fitness level of
California's
children**

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Physical Fitness Test Results Website

[http://www.cde.ca.gov/
statetests/pe/pe.html](http://www.cde.ca.gov/statetests/pe/pe.html)

For more information...

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